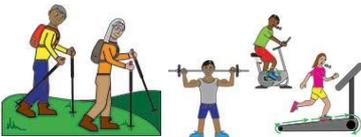


Booklet 2 – Lung Health and Being More Active**How can being more active help my lungs?**

Being active is one of the best things you can do to take care of your lungs

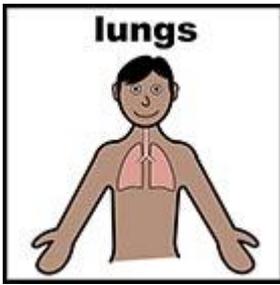


It helps because:

It helps your lungs feel stronger.



It helps your lungs pump oxygen round your body.



It reduces your risk of long term lung conditions.



It helps you control your weight. This can make your lungs work better.



Other benefits of doing more activity



It gives you more energy.



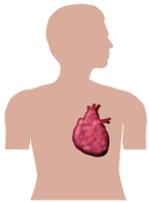
It can lower your blood pressure.



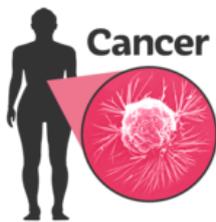
It will make the muscles that help you breathe stronger.



It can reduce the risk of conditions like diabetes.



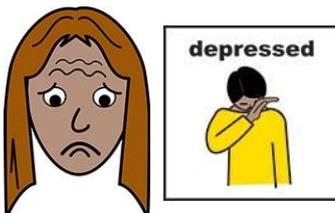
And Heart Disease.



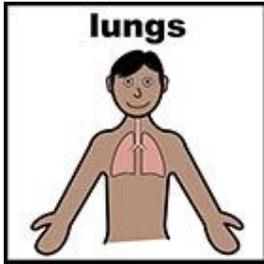
And cancer.



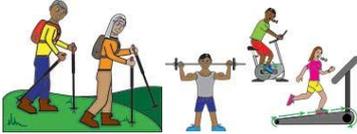
It reduces your risk of falling by improving your strength and balance.



It can reduce stress levels and help to reduce anxiety and depression.



What if I already live with a lung condition?



If you have a lung condition being active is just as important.



Being active can help to reduce your symptoms



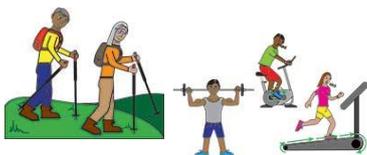
It can help your breathing



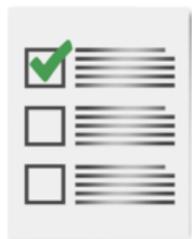
You might be able to do activities that you didn't think you could do again, like walking the dog.



This means that you will have a better quality of life.



How to get active



There are many different things you can do to be more active.



It's important to do something even if you feel unfit and often get breathless,.



It's a good idea to start with activities where you can take it easy. This is called low impact activity.



Like walking



Swimming



Yoga



Or gardening. Activities do not have to be a sport!



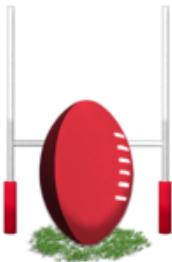
You might enjoy some activity that means being part of a team



Like football



Netball



Or rugby.



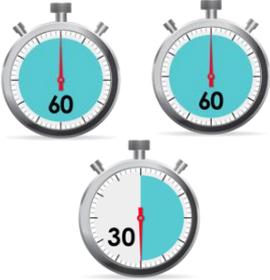
Exercises like this can be harder work. They are called high impact activity.



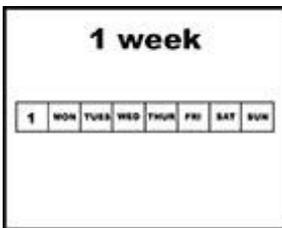
So remember to start slowly and build up your activity.



How active should I be?



Adults should be active for 2 hour and 30 minutes each week



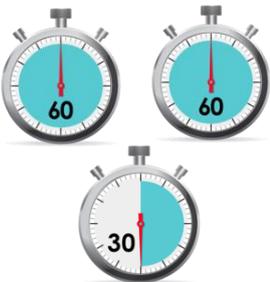
You don't have to do this in one go



You could do 30 minutes of activity for 5 days a week



You could start by doing 10 minutes at a time, once or twice a day.



As you get fitter you can increase the time you spend so that you do 2 hours and 30 minutes each week.

Advice and Tips



Remember even small amounts of activity are good for you.



Just start by doing a bit more than you usually do.



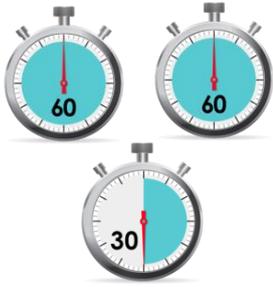
Like getting off the bus one stop earlier and walking the rest of the way home



Using the stairs instead of a lift or escalator



Doing some gardening or DIY.



Remember if you are not used to being active 2 hours and 30 minutes might seem like too much.



Just try your best to be as active as you can.



Only do activities you feel comfortable with.



Don't start with high impact activity. You need to improve your fitness first



So you do not get injured.



If you need more advice you should see your doctor.